

**Full Report (All Nutrients) 15024, Fish, drum, freshwater, raw**

**Report Date: June 25, 2017 18:31 EDT**

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

**Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 198g
<b>Proximates</b>						
Water	g	77.33	650	0.125	65.73	153.11
Energy	kcal	119	--	--	101	236
Energy	kJ	498	--	--	423	986
Protein	g	17.54	650	0.019	14.91	34.73
Total lipid (fat)	g	4.93	905	0.103	4.19	9.76
Ash	g	1.08	652	0.016	0.92	2.14
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
<b>Minerals</b>						
Calcium, Ca	mg	60	1	--	51	119
Iron, Fe	mg	0.90	1	--	0.77	1.78
Magnesium, Mg	mg	30	1	--	26	59
Phosphorus, P	mg	180	1	--	153	356
Potassium, K	mg	275	189	1.857	234	544
Sodium, Na	mg	75	163	0.644	64	148
Zinc, Zn	mg	0.66	4	0.156	0.56	1.31
Copper, Cu	mg	0.232	2	--	0.197	0.459
Manganese, Mn	mg	0.700	1	--	0.595	1.386
Selenium, Se	µg	12.6	--	--	10.7	24.9
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	1.0	--	--	0.8	2.0
Thiamin	mg	0.070	--	--	0.060	0.139

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 198g
Riboflavin	mg	0.170	--	--	0.145	0.337
Niacin	mg	2.350	--	--	1.998	4.653
Pantothenic acid	mg	0.750	--	--	0.637	1.485
Vitamin B-6	mg	0.300	--	--	0.255	0.594
Folate, total	µg	15	--	--	13	30
Folic acid	µg	0	--	--	0	0
Folate, food	µg	15	--	--	13	30
Folate, DFE	µg	15	--	--	13	30
Vitamin B-12	µg	2.00	--	--	1.70	3.96
Vitamin A, RAE	µg	51	--	--	43	101
Retinol	µg	51	--	--	43	101
Vitamin A, IU	IU	170	--	--	144	337
<b>Lipids</b>						
Fatty acids, total saturated	g	1.119	--	--	0.951	2.216
14:0	g	0.105	7	0.008	0.089	0.208
16:0	g	0.872	7	0.042	0.741	1.727
18:0	g	0.142	7	0.013	0.121	0.281
Fatty acids, total monounsaturated	g	2.190	--	--	1.862	4.336
16:1 undifferentiated	g	0.791	7	0.062	0.672	1.566
18:1 undifferentiated	g	1.199	7	0.101	1.019	2.374
20:1	g	0.081	7	0.028	0.069	0.160
22:1 undifferentiated	g	0.119	1	--	0.101	0.236
Fatty acids, total polyunsaturated	g	1.154	--	--	0.981	2.285
18:2 undifferentiated	g	0.155	7	0.022	0.132	0.307
18:3 undifferentiated	g	0.114	6	0.041	0.097	0.226
20:4 undifferentiated	g	0.224	6	0.059	0.190	0.444
20:5 n-3 (EPA)	g	0.230	7	0.024	0.196	0.455
22:5 n-3 (DPA)	g	0.144	7	0.020	0.122	0.285
22:6 n-3 (DHA)	g	0.287	7	0.078	0.244	0.568
Cholesterol	mg	64	1	--	54	127
<b>Amino Acids</b>						
Tryptophan	g	0.196	--	--	0.167	0.388
Threonine	g	0.769	--	--	0.654	1.523

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 198g
Isoleucine	g	0.808	--	--	0.687	1.600
Leucine	g	1.425	--	--	1.211	2.822
Lysine	g	1.611	--	--	1.369	3.190
Methionine	g	0.519	--	--	0.441	1.028
Cystine	g	0.188	--	--	0.160	0.372
Phenylalanine	g	0.685	--	--	0.582	1.356
Tyrosine	g	0.592	--	--	0.503	1.172
Valine	g	0.904	--	--	0.768	1.790
Arginine	g	1.049	--	--	0.892	2.077
Histidine	g	0.516	--	--	0.439	1.022
Alanine	g	1.061	--	--	0.902	2.101
Aspartic acid	g	1.796	--	--	1.527	3.556
Glutamic acid	g	2.618	--	--	2.225	5.184
Glycine	g	0.842	--	--	0.716	1.667
Proline	g	0.620	--	--	0.527	1.228
Serine	g	0.716	--	--	0.609	1.418
<b>Other</b>						